



First Degree Rage

Paula May

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This true crime book tells the investigation of two murders - Viktor Gunnarsson and Catherine Miller. The key suspect is a police officer in NC. It is written by Paula May, who was the lead detective in the case.

First Degree Rage Details

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535 pages , Published April 14th 2020 by Wild Blue Publishing

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Wulfwyn says

This is a true crime book written by one of the investigators on the case. L. C. Underwood had been a police officer himself but was now suspected in two murders, (he actually was convicted in 1997). This book tells of the lengthy investigation that went into his conviction.

L.C. had a horrible childhood that could account for many of his decisions and personality issues. I was shocked though that law enforcement would embrace him. I know that in the past there was a lot of "good ole boy" in police stations and it was a strong factor in small town offices. I had a hard time though with the way the others looked away from huge red flags and allowed him to have and keep a gun and a badge. Not only while he was working either. One of the offices allowed him to keep his police issue gun after he was no longer working there! Reading this book gave me an appreciation of police officers who are good and genuinely trying to help.

It is scary to think about an issue that I believe may still be a problem in law enforcement. That issue is domestic violence. I certainly understand that being a police officer is a difficult job and that officers can become accustomed to violence. They deal with it every day. They see things most of us never have to see. They have times when they do their best but the perpetrators go free, a huge frustration I'm sure. I imagine that all can build up inside even a decent officer. One who had the background issues and relationship issues L.C. had, I feel, would make him totally unsuitable for police work. Yet he was a detective. My mind quivers.

I thought the author really brought the reader into the investigation. She shared the problems of getting witnesses to talk. She showed how L.C. was able to twist the truth and convince people he was the victim. I felt the frustration of the detectives in not only solving the crime but trying to stay ahead of it happening again before they could put him behind bars.

This is a book I would recommend to true crime readers and also those with an interest in psychology, particularly criminal psychology.

Valerity (Val) says

This book I recently got is an excellent true crime story authored by the woman detective who lived it. There is lots of investigative action and good details as it follows along with detective sergeant Paula May as she and her crew go after a double murderer. High school teacher Kay Weden has been plagued by scary occurrences and she needs to get them to stop. Once you get into the story, you will see that the main suspect is quite the odd duck that is being hunted by police.

"There was no brown in his eyes at all. They were just two black buttons. I looked in his eyes. All I saw was solid black against the whites. It wasn't natural. It was... creepy, unnerving, demonic."

- Detective Paula May

There is also a bit of gas-lighting going on in the situation, just a matter of figuring out who is doing it. The book is a bit long, but for the most part, it held my interest well through the majority of it. You couldn't come up with a stranger mix of people and backgrounds coming together if you tried. Just a weird story about a weird set of circumstances that happened.

Darren says

I got this as a e book for my laptop from the publisher of this book. I enjoyed reading it. It was a good true crime story book. I hope to read more books by this author.

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From reader reviews:

Derek Winter:

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